Center Hours

MONDAY THROUGH THURSDAY	- 7:00 AM to 5:30 PM
FRIDAYS	8:00 AM to 5:00 PM
SATURDAYS	
SUNDAYS	•
(FRONT OFFICE HOURS: MONDAY - THUI	

<u>Daily Activities At The Center</u> *Nutrition served Monday – Friday at 11:30 AM.

	MONDAY	TUESDAY		
7:30 AM 10:00 AM	Open Recreation Good Neighbor's Bingo	7:30 AM 12:00 PM	Open Recreation Club Durazo (3/8 & 3/22)	
	WEDNESDAY	THURSDAY		
7:30 AM 8:30 AM 1:00 PM	Open Recreation Be Well Class Hispano Americano Club	7:30 AM 6:00 PM	Open Recreation Senior Center Bingo	
	FRIDAY		SATURDAY	
8:00 AM	Open Recreation Dark: 3/25	12:00 PM	Presidents' Council Black & White Dance 3/12/16	

CITY OF EL MONTE JACK CRIPPEN MULTIPURPOSE SENIOR CENTER

3120 N. Tyler Avenue El Monte, CA 91731 (626) 580-2210

March 2016

SENIOR GYM

Monday – Thursday from 9:00 AM – 1:00 PM & Tuesday & Thursday from 5:30 PM – 7:30 PM \$1.50 per day/\$15 per month for El Monte residents \$2.50 per day/\$25 per month for non El Monte residents \$1.00 for ages 62 years and over with CDBG eligibility

MOVIE TUESDAY March 1 & 29 at 12 PM in the auditorium

Presidents' Council Black & White Dance on Sat. March 12,12 PM to 5:00 PM.

Call Rolando Ganuza at (213) 880-7309 for details.

BLOOD PRESSURE CLINIC on Wed. March 16 at 10:00 AM

SENIOR LAP SWIM at the Aquatics Center

\$2.50 for ages 50 years and over

\$1.00 for ages 62 years and over with CDBG eligibility

Free admission for Healthways Silver Sneaker participants, eligibility required.

Monday – Thursday 10:00 AM – 11:30 AM Tuesday – Thursday 7:00 PM - 9:00 PM

For more information on upcoming events, please contact the Jack Crippen Multipurpose Senior Center 626-580-2210

Monday – Thursday

7:30 AM - 5:30 PM





JACK CRIPPEN MULTIPURPOSE SENIOR CENTER LUNCH MENU FOR MARCH 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY*	SATURDAY
		HAWAIIAN 1 CHICKEN Corn Chowder Fresh Yams Romaine Salad Orange	CHILI VERDE 2 Split Pea Soup Red Potatoes Spinach Salad Peaches	SOFT CHICKEN 3 TACOS Brown Rice Pinto Beans Lettuce & Tomato Salad Cantaloupe	BAKED FISH or PORK ROAST Green Beans Potato Wedges Marinated Salad Chocolate Cake	5
6	CHICKEN 7 PARMESAN Spaghetti Broccoli Carrot & Raisin Salad Banana	BEEF FAJITAS 8 Seasoned Rice Pinto Beans Coleslaw Peanut Butter Cookies Apple Juice	CHICKEN 9 DEVIAN Lentil Soup Buttered Noodles Corn Combination Salad Cantaloupe	STUFFED 10 PEPPER Chicken Rice Soup Cauliflower & Broccoli Green Bean Salad Pineapple Chunks	BAKED FISH or 11 CHILI EGG PUFF Rice Pilaf Parsley Carrots Tossed Salad Chocolate Pudding Orange Juice	Presidents' Council Black & White Dance Dance: 1-5 pm (\$10/ea.) Lunch: 12-4 pm (\$6/ea.) Tickets for sale at the Door
13	Rice Black Beans Lettuce & Tomatoes Orange	BAKED 15 TURKEY Normandy Veggies Biscuit Yams Seasonal Fresh Fruit	SPAGHETTI 16 & MEAT SAUCE Minestrone Soup Peas & Carrots Green Salad Citrus Fruit Salad	Cabbage Boiled Potatoes Garden Salad Chocolate Cake Orange Juice	BAKED FISH or 18 PORK ROAST Sautéed Spinach Marinated Tomato & Green Pepper Salad Pears	19
20	ROAST TURKEY Fresh Sweet Potato Harvard Beets Coleslaw Pumpkin Bread Apple Juice	HAMBURGER 22 PATTY Barley Mushroom Soup BBQ Beans Corn Lettuce & Sliced Tomato Citrus Cup	CHICKEN 23 A LA MORRISON Rice Pilaf Green Beans Spinach Salad Banana	BEEF STEW 24 Tomato Bisque Soup Potatoes, Peas & Carrots Lettuce & Tomato Salad Cantaloupe	Center Closed GOOD FRIDAY	26
27	TACO SALAD 28 Tex Mex Rice Pinto Beans Shredded Lettuce Citrus Cup	•	BEEF 30 LASAGNA Green Beans Spinach Salad Oatmeal Cookie Orange Juice	SWEET & SOUR31 CHICKEN Rice Pilaf Chinese Veg. Blend Romaine Salad Pears Chicken Noodle Soup		

MENU IS SUBJECT TO CHANGE WITHOUT NOTICE

Margarine, Bread and Milk served with every meal

The following ingredients will be used whenever possible:

- No added salt
- Non-Fat Milk in puddings, creamed dishes and soups.
- **Cheese** lower in saturated fat and cholesterol.
- Canola Oil in food preparation when oil is called for.
- Egg Substitute in egg dishes (No Cholesterol)
- Canned Fruit in light syrup.

SUGGESTED DONATIONS (For 60 years and older)

\$2.00

Please bring exact change for lunch.

For reservations call: (626) 580-2211
Meals are served at: 11:30 AM

NO ELIGIBLE INDIVIDUAL SHALL BE DENIED PARTICIPATION BECAUSE OF FAILURE OR INABILITY TO CONTRIBUTE.

Rules for acceptance and participation in the program are the same for everyone without regard to race, sex, solor, national origin or handicap.

Note: Please arrive no later than 11:00 AM to ensure your meal.

Meals served on a first come first served pasis.

Program funded in part under the Older Americans' Act of 1998 as amended in 2006 received by the County.

* PLEASE, SIGN-UP IN ADVANCE FOR FRIDAY'S MENU CHOICES.
WHEN CALLING, PLEASE INDICATE YOUR CHOICE BETWEEN
FISH OR MEAT.